

FYI: New Program Starting in June



Families come in all shapes and sizes. There are big families, small families, and families in between. Some families are on the cusps of emerging adolescence. Some of these families have established clear family rules, and some are trying to work them out. Parents and caregivers worry about their children. They worry about peer pressure, school grades and protecting their children against substance abuse. Kids worry. They worry about being loved, supported, accepted by peers, and what their future holds. Some families are good communicators and have understandable family values. Some families struggle with putting the pieces together. What shape is your family in?

The Strengthening Families Program is based in the Thompsonville section of Enfield, CT. It is for families who have children between the ages of 10 and 13 who want to get in shape before the adolescent years take their toll on the family structure. The program provides opportunities for the entire family to gather for a 7 week program which includes a weekly dinner, concurrent group sessions for parents and youth age 10 to 13, babysitting for the younger siblings, and family sessions. In addition, families will have the opportunity to participate in booster sessions and recreational/enrichment activities that are planned for and by the youth and their parents throughout the year.

A Sampling of Program Content:

Parent/Caregiver Sessions

- Using Love and Limits
- Making House Rules
- Encouraging Good Behavior
- Using Consequences
- Protecting Against Substance Abuse
- Using Community Resources
- How to Help with Peer Pressure

Youth Sessions

- Having Dreams and Goals
- Appreciating Parents
- Dealing with Stress
- Following Rules
- Handling Peer Pressure
- Making Good Friends
- Handling Conflict

If you or a family you know could benefit from this new and exciting program please contact the Program Director at CHR/North Central Counseling Services:

Diana Thibodeau 860/253-5020 ext 139

Strengthen Families - Strengthen Communities

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Strengthening Families Program: For Parents and Youths Age 10 - 13

Door prizes



Games



Raffles



Introductory Session

Questions and Answers

Join us for an informational and a fun filled evening.

Pearl St Library May 24 2005
159 Pearl Street Enfield, CT 06082

Angelo Lamagna Activity Center May 25, 2005
19 N Main St, Enfield CT 06082

Times: 5:30pm-7:30pm nightly

Kids, want to gain more freedom?
Come learn the **secret** of negotiation with your parents.

Parents, want to learn how to encourage your kids to
make great choices?

For more information call:
Diana Thibodeau 860-253-5020 or Jean Haughey 860-253-6383

Dinner and babysitting will be provided

Brought to you by Community Health Resources and Enfield Youth Services

Strengthen Families - Strengthen Communities